

21 ^{DAYS} OF PRAYER & FASTING



WARNER FIRST
BAPTIST CHURCH

As we start a new year, I encourage you to think back over you and your family's 2025 and reflect on all the things you are thankful for. Join me in remembering all over again that, through every season, God is faithful!

Starting in this new year, I invite you to join me for 21 days of saying no to other things as the Lord leads - it could be technology, food, or something else - in favor of saying yes to more time in prayer with God.

Far too often, the importance of prayer is downplayed. This could be because we let other things take its place and call that "good enough," or because when it comes to prayer, we don't even know where to start. Thankfully, the Holy Spirit is our helper! Romans 8:26 says, "'Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.' Prayer is a direct line of communication with God, and the Holy Spirit is there to help us in our weakness.

During the 21 Days of Prayer and Fasting in 2026, I invite you to sit with the Spirit and ask Him to help you pray. You never know the power of what you might learn!

Prayer should be our first resort - not our last resort - because things change when God's people pray. There is power in coming together in agreement as a church family. I look forward to hear how God moves through you and your family's lives when you choose to surrender your distractions to Him and spend more time with Him.

If this time is treated as it should be, I truly believe it will be a special season in the life of our church. So please join me, and let's see what the Lord will do!

In Christ,

Pastor Justin



4 TYPES OF FASTS

WHY FAST?

Fasting is about so much more than food. It is a spark for spiritual growth. When you fast, your eyes open to the things of God, and His truth lightens your mind. Your focus shifts from yourself and onto God.

3 RESULTS OF FASTING:

FASTING HELPS YOU FOCUS

Fasting is a time of separation, dedication, and concentration on the Lord.

FASTING OPENS YOUR EYES

Did you know that research shows fasting improves your physical eyesight? The physical benefits of fasting mirror the spiritual benefits. Fasting also improves your spiritual eyesight, removing the distractions that cloud your vision and helping you gain a heavenly perspective.

FASTING HELPS YOUR HEART HEAR GOD

Fasting helps you acknowledge God as your source and reflect on His provision in your life.

COMPLETE FAST

In this type of fast, you drink only liquids, typically water and/ or light juices.

SELECTIVE FAST

A selective food fast means temporarily removing certain foods from your diet as an act of spiritual discipline. This practice helps redirect our attention from physical appetite to spiritual dependence on God.

PARTIAL OR INTERMITTENT FAST

This fast involves abstaining from entire meals for a designated amount of time.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting, or wish to refocus certain areas of your life that are out of balance. For example, you might stop using social media or watching television for the duration of the fast, and then carefully bring that element back into your life in healthy doses after the fast. You might set limits on your screen time and/or your media use. You might give up certain movies or television at certain times of the day or week. You might say no screen time after a particular time, or delete the social media app you use the most on your phone. Then you can use that time, which you would have otherwise spent on a screen, in prayer and studying the Word.

KEEP IT SIMPLE

Choose something that has become a distraction or hindrance or that is taking too much of your time, and eliminate it. Whatever you choose to fast, take the time you would typically spend doing the activity from which you are fasting and spend it with God in prayer. Your fast may appear simple to some, but it is a big step of faith, especially if you are new to fasting. Each person should commit to fast at their level of ability and availability during the next 21 days.

PREPARING FOR YOUR FAST

As you consider fasting, I want to encourage you to pray, ask God to help you as you seek Him, and listen to the Holy Spirit for His direction. Whether you fast one meal every day or a certain type of food for 21 days, the point is to humble yourself in a new way and draw near to God to experience greater intimacy with Him.

When you fast, expect resistance. Satan, our spiritual enemy, will oppose you just as he opposed Jesus when He fasted (Matthew 4). 1 Peter 5:8-9 says, “Be alert and of sober mind. Your enemy, the devil, prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.”

Although fasting is spiritually and physically challenging, we start this adventure not with fear but with full belief in God, expecting Him to fight for us as we pray.

HOW TO USE THIS GUIDE

There is not a specific formula for how to pray. Prayer is simply talking to God. Praying God's Word back to Him is a great way to remind yourself of His promises. It's also a great way to connect with Him and know His will and direction for your life.

The goal of this guide is not to add more pressure or overwhelm you, but to provide structure for your prayers and help you get comfortable talking to God. Use this prayer guide as a tool to pray with purpose. If your mind wanders, use the prayer prompts to restore your focus. Feel free to add your own personal prayers as well.

As you pray, be sure to take time to listen. In the journal space provided, write down what God may be speaking to you. To make your prayer time even more meaningful, you can write notes or prayer requests and play worship music in the background. The most important step is committing to regularly entering God's presence through prayer.

This guide was put together to help you listen to the Holy Spirit and how He wants to work in and through you. My hope is that this helps you find a new level of purpose, effectiveness, and enjoyment in your prayer life as you spend daily time with God.



DAY 1 - THE SPIRIT LEADS

“For who are led by the Spirit of God are sons of God.”

Romans 8:14

PRAY

“Holy Spirit, thank You for making me a part of God’s family. Lead me today and guide my steps. Help me to follow Your path for my life and obey Your voice.”

FOCUS

How is the Holy Spirit leading you today?

DAY 2 - THE SPIRIT CONVICTS

“When he comes, he will convict the world concerning sin and righteousness and judgment...”

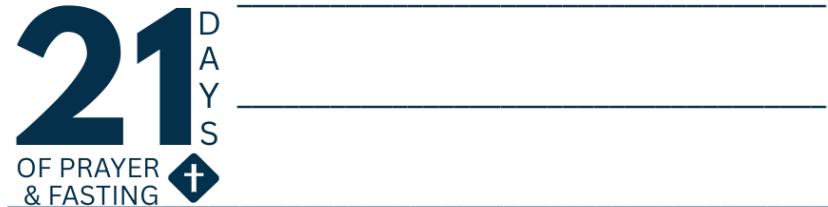
John 16:8

PRAY

“Search me, Oh God, and know my heart. Test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

FOCUS

Where are you sensing the Spirit's conviction?



DAY 3 - THE SPIRIT TEACHES

“But the Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things and bring to your remembrance all that I have said to you.”

John 14:26

PRAY

“Father, teach me through Your Spirit what You want me to know today. Give me a teachable heart.”

FOCUS

What is God’s Spirit teaching you today?

DAY 4 - THE SPIRIT COMFORTS

“So the church throughout all Judea and Galilee and Samaria had peace and was being built up. And walking in the fear of the Lord and in the comfort of the Holy Spirit, it multiplied.”

Acts 9:31

PRAY

“Holy Spirit, comfort me in my affliction, so that I may be able to comfort others in affliction with the same comfort with which You comfort me.”

FOCUS

What comfort do you need from the Holy Spirit today? Ask Him for it. Who might the Spirit be leading you to offer comfort to?



DAY 5 - THE SPIRIT HELPS

“And I will ask the Father, and he will give you another Helper, to be with you forever...”

John 14:16

PRAY

“Holy Spirit, thank You for never leaving. You are always with me, and You help me with everything that I need.”

FOCUS

Pay attention to where the Lord has helped you recently. Where do you need help right now? Ask the Holy Spirit to help you.

DAY 6 - THE SPIRIT GIVES US GIFTS

“Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good.”

1 Corinthians 12:4-7

PRAY

“Father, thank You for giving me gifts from Your Spirit to serve the church. Help me to understand the gifts You’ve given to me, to grow in them, and to serve the Body of Christ with them well.”

FOCUS

Scan this QR code to take a spiritual gifts test. Did your results surprise you?



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DAY 7 - THE SPIRIT PRODUCES FRUIT

“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...”

Galatians 5:22-23

PRAY

“Father, help me to cooperate with Your Holy Spirit, that I may grow spiritual fruit. May the Fruit of the Spirit be evident in my life. Show me what fruit I am lacking, and make me more like Jesus.”

FOCUS

What fruit has the Holy Spirit produced in your life recently? What fruit might He be challenging you to cultivate?

DAY 8 - THE SPIRIT GIVES US GIFTS

“For it is not you who speak, but the Spirit of your Father speaking through you.”

Matthew 10:20

PRAY

“Father, help me to know Your voice, and let me be a messenger for Your Spirit to others: a voice of hope, encouragement, and truth to a lost and broken world.”

FOCUS

What is the Holy Spirit speaking to you in this moment? Ask Him what He wants you to know, and write down what you sense Him saying.



DAY 9 - THE SPIRIT GUIDES TO THE TRUTH

“When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.”
John 16:13

PRAY

“Father, thank You that Your Spirit of Truth lives in me. You have given me the mind of Christ! Guide me into all truth, and lead me away from lies, wrong beliefs, and false teaching. Help me not to fall into error in my thinking, trusting not in my own understanding, but looking to You for guidance in all things.”

FOCUS

Are there any wrong beliefs or thoughts that the Holy Spirit is directing you to change your mind on? What might those be? Write them down and ask for His help to transform and renew your mind.

DAY 10 - THE SPIRIT EMPOWERS

“But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

Acts 1:8

PRAY

“Father, fill me with Your Holy Spirit, with power and courage, so that I may share the gospel with boldness and authority.”

FOCUS

Is the Holy Spirit leading you to share the gospel with someone in your life? Who might that be? Ask God to give you the boldness to speak His truth in love.



DAY 11 - THE SPIRIT DISCERNS

“The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned.”

1 Corinthians 2:14

PRAY

“God, thank You that by the power of the Holy Spirit that lives within me, I have the ability to discern what is good, what is holy, and what is Your will. You have not left me to figure out everything on my own. Help me to discern Your will and to obey it.”

FOCUS

Have you experienced the Holy Spirit's discernment recently? Did you obey it or dismiss it? How did that turn out for you?

DAY 12 - THE SPIRIT RENEWS

“He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.”

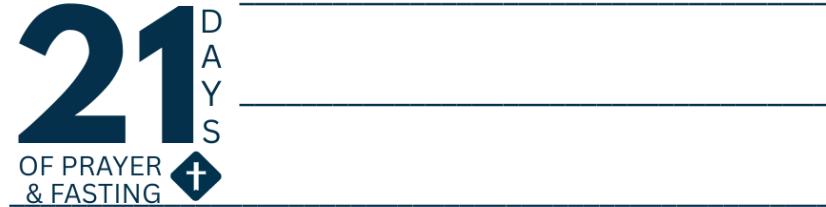
Split...
Titus 3:5

PRAY

PRAY “Father, thank You that Your tender mercies are new every morning, and that You are transforming me every day into the image of Your Son, Jesus. I cannot do this in my own strength. Help me to follow the Holy Spirit.”

FOCUS

In what ways are you trying to “earn your salvation” through works of righteousness or behavior modification? Where is the Holy Spirit asking you to let go and trust Him?



DAY 13 - THE SPIRIT PRAYS

“Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.”
Romans 8:26-27

PRAY

“God, thank You that I don’t always have to know the right words to pray, because the Holy Spirit is praying for me! Thank You for knowing exactly what I need and when I need it. Thank You for praying for me.”

FOCUS

Ask God to show you how He wants you to pray for yourself and others. Are your prayers in line with His will or yours?

DAY 14 - THE SPIRIT REASSURES

“The Spirit himself bears witness with our spirit that we are children of God.”

Romans 8:16

PRAY

“God, thank You for adopting me into Your family. I am Your child, and You are a good Heavenly Father. Help me to trust You to give me everything that I need from this moment on, and help me to live like a child of the King.”

FOCUS

What areas do you struggle to believe you are God's child? Ask the Holy Spirit to reassure you and help you to overcome any doubt.



DAY 15 - THE SPIRIT STRENGTHENS

“...that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being...”

Ephesians 3:16

PRAY

“Father, You never grow tired. Show me how to lean on You when I am weak, and strengthen me through the power of Your Spirit, for Your strength works best through my weakness.”

FOCUS

What area of your life are you currently struggling in? Ask God to help you lean on Him in this area and trust Him more.

DAY 16 - THE SPIRIT GIVES US HOPE

“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

may abound in
Romans 15:13

PRAY

“God, show me where I have misplaced my hope—where I have put it in other things beside You. God, help me to put my hope in You alone, and allow me to experience Your joy as my strength.”

FOCUS

In what area of your life do you need hope? Where do you need God to show up right now? Ask Him to give you eyes of faith to see Him move.



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DAY 17 - THE SPIRIT SETS US FREE

“Where the Spirit of the Lord is, there is freedom.”
2 Corinthians 3:17

PRAY

“Jesus, thank You that You came so that we may have life and life more abundantly. Help me to live in the freedom and abundant life that You died for me to have.”

FOCUS

Is there an area of your life where you need to experience God's freedom? Name it and ask Him to meet you there and set you free. The battle has already been won; now it's time to live in victory!

DAY 18 - THE SPIRIT SEALS US

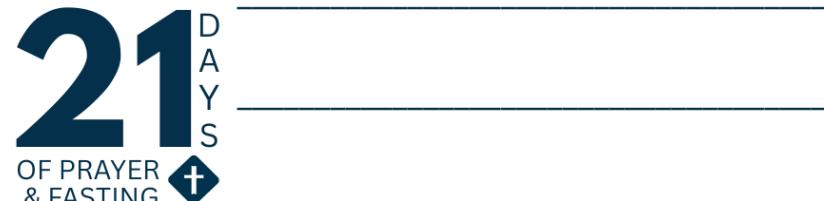
“In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit...”
Ephesians 1:13

PRAY

“Father, thank You for sealing me with Your Holy Spirit, saving me, and marking me forever. I cannot ‘lose’ my salvation. I belong to You forever. Help me to live a life worthy of this precious gift of eternal salvation.”

FOCUS

Has Satan tried to convince you that you've lost your salvation, or that somehow you've slipped through God's hands? Remind yourself of this verse every time the enemy tries to condemn you.



For more information, contact the Office of the Vice President for Research and Economic Development at 319-273-2500 or research@uiowa.edu.

DAY 19 - THE SPIRIT SANCTIFIES

“But we ought always to give thanks to God for you, brothers beloved by the Lord, because God chose you as the firstfruits to be saved, through sanctification by the Spirit and belief in the truth.”
2 Thessalonians 2:13

PRAY

“Father, You desire truth in every part of my being. You desire holiness and Christlikeness in me through and through. I thank You that You are not done with me, and that You will finish the good work You started in me.”

FOCUS

What area of your heart is God working on right now?
How have you seen Him working in you?

DAY 20 - THE SPIRIT DWELLS IN US

“Do you not know that you are God’s temple and that God’s Spirit dwells in you?”

1 Corinthians 3:16

PRAY

“Father, I am in awe that the same Holy Spirit that raised Jesus from the dead now lives in me! Help me to believe this truth, and help me to live like it is true. I do believe, Lord, but help me overcome any unbelief that holds me back.”

FOCUS

Where do you sense the Holy Spirit leading you to live with less doubt and more faith? Ask Him to deepen your faith and to walk in the fullness of His Holy Spirit.



DAY 21 - THE SPIRIT TRANSFORMS

“And we all, who with unveiled faces contemplate the Lord’s glory are being transformed into His image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

2 Corinthians 3:18

PRAY

“Father, I know that even the desire to do good comes from Your Holy Spirit living inside of me. Help me to be transformed into the image of Jesus, and help me walk in obedience to You every single day.”

FOCUS

As our fast comes to a close, what areas have you seen growth in your life? Write those examples down, and thank God for them with God!



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